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SUNDAY, NOVEMBER 19, 1911.

The Law's Delay.

President Taft, who has been an earnest opponent of the law's delay, may easily find another striking example to prove his case in the history of the prosecution of the officials of the meat trust in Chicago.

in May, 1902. The case dragged along answers and counter-answers demurrers, and other legal technicalities, until is intelligent action. finally, last July, the accused entered a nles of not quilty, and the case was set for trial next Monday. Then the acute led off into nowhere. They raised the point that the Sherman anti-trust law habeas corpus, which would take the years since the first steps were taken.

est court in the land and its constitutionality certainly accepted, if not dicago is manifestly merely an effort to ing private enterprise under government gain further delay. It is this state of supervision. affairs which causes discontent and protest, and justifies President Taft in all It required seven or eight years for the Standard Oil and tobacco trust cases to reach final adjudication, and it will be handed down in the case against the steel trust. It is no wonder that the usiness men of New York have undertaken to settle their own disputes

outside of the court room. The remedy may be in more judges of may be in an exhibition of greater industry on the part of those who are already on the bench. It may be, also that some method will be devised viously for delay can be disregarded and trials thereby hastened. The condition undoubtedly warrants the attention which the President is giving to the subject, and he will receive the approval of the country if he can ac-

Now that a Rembrandt has been found fifty-two years after its disappearance. we are hopeful that "Mona Lisa" may show up again about the year 1963.

Pascination of a Tragedy.

mind. Edgar Allan Poe's romances, of the United States."
"The Murders of the Rue Morgue" and As a matter of face "The Mystery of Marie Roget," sur-vive when nearly all his other literary in a remote fashion, with the exclusion preciate the fascination of a tragedy, fact plain. have made fortunes by narrating the story of a mysterious death and then the enigma is skillfully solved. This is especially true of Conan Doyle and likes is the collection. Anna Katherine Green, whose works have a vogue which would not be possible were it not that they know the of tragic mysteries.

chant, apparently without an enemy in was most successful. ing by some unknown person who man" to win holes where youthful skill. If every county in New Jersey should leaves no clew by which the fatal act and muscle had failed. After the event, and the same thing that wouldn't settle the many in the tracel event, possible a heavy the young and the clid gathered to: mitted. There were no witnesses pathired in defeat. of the tragedy. More than that, only There is hardly any outdoor sport be the Panama Canal at completion. How one or two persons seem to have no- except golf in which this delight ticed any one in the little cigar shop, ful companionship is possible. It is from the Buffalo Exp struggle to attract attention. The fatal tennis, nor so physically exhausting as blow fell swiftly and silently. When haseball, and in which age is by no the man's dying form was discovered he means a serious handicap. While it

society that crimes like this shall not the game. unpunished that The Washington Herald has offered to assist the authorities by the payment of a reward for rest and conviction of the murderer. It seems almost incredible that human life can be taken under circumstances such as make this an inexplicable crime and the guilty person escape unpunished Washington is fortunate in the fact that this is only the third murder mys tery in this city for many years. Two other cases still remain unsolved. In New York, however, each year records

many cases of mysterious deaths which the police authorities, with all their No attention will be paid to anonymous skill, cannot fathom. Under a perfect the editor will be printed except over the system of government this could not occur. The methods for the detection and punishment of crime should be so complete and thorough as to make impossible for a criminal to escape When a tragedy is committed and the slaver eludes capture, it means that the deductions, the observations, and the subtle analyses by which murder mysteries are made plain exist only in the imagination of the writers of clever

> We hear a great deal of profit taking on the stock exchange, but the losers seem to pocket their losses in silence

Open Up Alaska.

Now that the people of Alaska are to have a State convention to outline of course, the final outcome of the mattheir needs, Congress should not lack the necessary information to form a definite programme of development. We were willing to sacrifice themselves upon are inclined to believe that this is one the altar of their own opinion. If the through all the tedious processes of of the imperative duties of the next judge was to be both judge and jury, session. Alaska's chief need just now

Secretary Fisher offers the same idea man who has studied the situation in discovered another road that Alaska, namely, that what is needed tossed into the kitchen grate. there above all else is opportunity. The doors to her vast resources must be unis unconstitutional, and they demanded locked. Capital is ready and only await that the accused be granted a writ of ing the official word to go ahead. The administration plan is sound and safe. case into the United States Supreme It includes an experimental scheme of Court. Even when the trial proceeds government ownership and operation for there still has been a delay of nine the production of coal for public usesa very necessary undertaking, in view When it is remembered that the of the needs of the Revenue Cutter Serv-Sherman act has been before the high- ice and the necessity for giving prompt aid to the inhabitants in case of extraordinarily severe weather-and a rectly affirmed, the proceeding in Chi-general development plan of encourag-

> A New York woman is seeking to have annulled a marriage performed forty-four years ago. She took her time about finding that it was illegal.

Personalities and Passports.

There is no question as to the reaonableness of the demand that Russia should recognize American passports or else our treaty with that country should be abrogated. We have protested long Time and time again the atenough. ention of Russia has been called to the fact that discrimination is made against a certain class of American citizens, but our communications have been ignored. It is no wonder that a wave of protest against this condition of affairs is sweeping over the country.

it may be true, as Mr. Jacob H. Schiff asserts, that the reason why this government has failed to press the matter with earnesness is a desire not to embarrass business interests. are not surprised, however, to find Mr. John Hays Hammond promptly and principal factor in the situation. According to Mr. Schiff, Mr. Hammond It is a curious psychological fact that business enterprises, that country "thinks if Sin.

As a matter of fact, Mr. Hammond efforts are forgotten. They are the of Jews from Russia. He is too good prototypes of the modern detective tiles an American to be a party to any propand are told with great skill. In later osition which injures American citizens. years enterprising novelists, who ap- It did not need his denial to make this

A Pennsylvania elergyman was

Fathers and Sons.

One of the golf clubs in the vicinity of Philadelphia gave a tournament the other day in which all the players were of Ann is simplicity personified. financial as well as the literary value of Philadelphia gave a tournament the At the present time Washington has fathers and sons, who, as partners, conits murder mystery. A reputable mer- tested for family honors. The result The seniors the world, is stricken down in his place struggled manfully to help their sons, the world, is stricken down in his place struggled manfully to help their sons, woodrow Wilson's home county in New of business at an early hour in the even- while the latter relied upon the "old Jersey has indorsed him for President. can be traced, except, possibly, a heavy the young and the old gathered tofrom wrench with which the deed was gether and rejoiced in victory or sym-

the man's dying form was discovered he was unconscious. The secret of his death died with him. Robbery was not the motive and, apparently, there was constitue consistence and, apparently, there was constitue and account of the starties a hasy would. We are as accommend to peace, ful and well-ordered lives, we have given to rely an theorem his many accorded from the links. It was not so long ago that inguishing oned accorder of the prilice in antervaling mysteries and voicing reterior and according to prove the links at Aparentle and spent two continues are belling as feeling of helps.

lessness comes over the community. It those who were threescore and ter is because it is essential to the safety of proved themselves worthy exponents of

The exhibition of comradeship between father and son, made possible through mutual love of a clean and information which will lead to the ar- healthy outdoor sport, appeals to the finest human instincts. It is another feather in the cap of golf.

With Independent Minds. An interesting feature of the new system of jury service for women in Los Angeles occurred the other day when a feminine jury listened to the evidence in the case of an employe whose wages had been retained for a period longer than warranted by law Much to the surprise of the jurywomen, the judge directed them to return a verdict for the defendant.

Did they obey the court? Not at all. They retired to their consultation room and then came in with a verdict for the plaintiff. The court gasped at this disobedience and ungallantly repeated his instructions. The jurywomen revolted. that the defendant was guilty, they had been brought from their homes to decide the case, and they did not propose to let any judge tell them what they should do. They had minds of their own, if you please, and they were going to render their own verdict.

The hard-hearted judge listened in vain to their protest and directed that his instructions be followed; which was, ter. We cannot help but sympathize, however, with the good women who why were they summoned, and why were they compelled to listen intently to the testimony? We are afraid that that has been expressed by every public they will feel discouraged and that the next summons for jury duty will be

> Missouri has banished the havester onopoly of the State's Presidential in

lenoring the distinction between the herbivorous and the carnivorous. At-torney General Wickersham prescribes the same food for the bulls and the

Any citizen of Los Angeles who not drawn on the McNamara case will have a right to feel slighted.

Ladies may smoke in the New York

By choosing no nobles for his cabinet Yuan shows that he wishes to occupy the

the medical experts. The Standard Oil Company has declared dissolved. It is hoped that some

way may be eventually found to preven mixing of water with oil stocks When the price of water rises, the long

if their trials can be postponed as long as the sale of some of their mest.

Vice President Duncan, of the Federa tion of Labor, says the world of labor is insurgent. Also the insurgents seem

The judge in the McNamara case ha ecome angered at criticism of the delay of the trial, What else has there been to criticise?

It will be difficult for the other naens to recognize the republic of China emphatically denying that he is the until after they have once had a good

The numerous foreigners in Bostos sometimes lead a visitor to inquiris a close friend of President Taft, and sometimes lead a visitor to inquire as he went to Russia to assist some whether anybody there speaks English.

AS OTHERS SEE IT.

From the St. Louis Post-Disputch.
Instead of wasting their time trying to should first convince a majority of the women-

Prom the Louisville Courier-Journal. And now sugar is playing leapfrog wo over the bent buck of the overburdened the

From the Buffalo Express Opening the postal savings banks to ten-year-olds should result in starting so many youngsters on the road to economy that the next generation of Americans will be called thrifty, instead of extrava-

When is a judge a judge, and when it

From the Philadelphia Press How nice it is not to live in Russia!

From the Providence Journal.

Now the Martian observers will be tak-

A LITTLE NONSENSE.

A GLAD SEASON.

And now my heart is on the jump, My blood just files, It stirs my pulse to think of pump-Kin ples.

My sluggish pulse begins to stir And faster beats. My brain vibrates at thoughts of tur-

No matter if it costs to live! I can but say 'Tis worth it all around Thanksgiv-Ing Day,

Uncle Pennywise Says:

cost of living ain't so high as to the surkeys off the magazine overs. I half expected to see 'em replaced this year with plates of hash

Migrating. "I see some aeroplane experiments are eing conducted in North Carolina." "Yes; the birdmen are flying south for

"Started youn Thanksgiving jokes a lit-e early this year, I notice."
"I wanted to give the other papers a hance to clip them before Thanksgiving arrives," explained the press humorist

Always Apprehensive

The pessimist cannot amend His customary form. These fine fall days to him portend A terrifying storm A First-class Actor

That fellow ig a rotten actor. Very "He ain't an actor. He's a baseball "Is that Dingbat, the great southpaw!

"Were you born with that stammer, old

'No; I acquired it in trying to propose to a rich girl'

Gentler Football.

"Why don't you football players cut out he rough work?"
"Why, then all the fun would be gone." "My boy, you aren't having any real fun. If you had played your cards right, you would be filling match dates with Vasqur and Bryn Mawr by now.

LAWMAKERS WANT FACTS.

They Also Show Some Regard for

8t. Louis Post-Disputch. Lawmakers nowadays seek informa-ion. They are not eager to act unless they have all the facts and have carefully sounded popular judgment. Bilind approval of party measures because they gathering information for the use of the President, if not of Congress. A monetary commission has been for more than rency and banking problems and gathering the views of the public.

States have studied employers' Hability and workingmen's compensation for in-juries. The study of railroad and tax measures is made in the same way and in every case the effort to secure information is supplemented by another to ascertain the views of as many inter-ested organizations and individuals as

A similar movement having a similar springs from the people them-In addition to the regular organizations having particular reformatory measures to put into law, there are olunteer organizations formed for spe much more pomp and ceremony, and usually in the Salia Regia, a most magnificent apartment at the Vatican. The pontific makes his entry, seated in the gestatorial that the vaticant of the pending arbitration treaties apartment at the Vatican. The pontific makes his entry, seated in the gestatorial that the vaticant of the pending arbitration treaties apartment at the Vaticant. The pontific makes his entry, seated in the gestatorial that the vaticant of the pending arbitration between the state of white main adorned with gold, the hifurcation lined with crimson damperature of white main adorned with gold, the hifurcation lined with crimson damperature of the circulation, the functions of the skin, are all promoted by muscular activity, which thus keeps up a proper balance and relation between the important organs of the body. The Secret of Proper Many intelligent people, into a few physicians, sincerely himportant organs of the body. The secret of health. The Secret of Proper Many intelligent people, into a few physicians, sincerely himportant organs of the body. The secret of Proper Many intelligent people, into a few physicians, sincerely himportant organs of the body. The secret of Proper Many intelligent people, into a few physicians, sincerely himportant organs of the body. The conduct of life in old age, the hift of the circulation, the functions of the skin, are all promoted by a proper balance and relation between the important organs of the body. The conduct of life in old age, the hift or the conduct of life in old age, the hift or the conduct of life in old age, the high the high, and wears a miter of white main advocate when the important organs of the body. The circulation in the function for a specially important organs of the body. The conduct of life in old age, the hift or the conduct of life in old age, the hift or the conduct of life in old age, the hift or the conduct of life in old age, the high the high the hidrocation lined with crimson damperature when the hidrocate in a properature of the gun a nation-wide organization with the idea of educating the people in the lim-portance of a better banking system. It is nonpartisan, has nothing to do with the monetary commission, or the Aldrich-plan and has no plan of its own. These movements attest the regard the lawmakers have come to have for the neonie.

other is the three sels which the inhabi-

Use for Their Queues.

From the Chicago Record-Hersid.

All Chinamen who join the revolution Coll cut off their pigtails. This will give them a great advantage if they ever have to turn their backs to the foe.

One Way Enough for Us n the Detroit Pres Press. ome one has figured out that there

FORMER AMERICAN GIRL HOST OF THE KAISER

A former Brooklyn girl, she that was Mary Knowlton, now the Countess Jo-hann von Francken-Sierstorpff, is to have the honor of entertaining the Gern for a day's shooting next week at Zyrown, near Leshnitz, in Upper Sliesta. This, indeed, is considered to be a great honor in Germany, as only a very lim-ited number of intimate friends are given permission to invite the Kaiser to hunting parties. There are only five six of them, all, of course, bearers of the highest titles and dignities in the empire, as, for instance, the Prince of Ujest (otherwise the Duke of Ratibor). Usest (otherwise the Duke of Ratibor), the Prince or Pless (whose English wife is a great favorite of the Kalser and used by him to pacify the British nobility in their anti-Verman proclivities), Prince Guido Henckel von Donnersmarck (our old friend about whose startling career as a confidential agent of the Kalser's government in Paris proceeding and during the war of 1870 my readers are posted). Fuerst Egon von Fuerstenberg (the Emperor's crony and business partner), and Count Thiele von Winckler. This completes the list.

will receive at Rome from the contiff, has the peculiarity that it never will be worn. There is never any ecca-sion for it, nor is such a thing prescribed among the rules of the Roman Church. A single hat is used by the Pope for "baretting" all the candidates for the "baretting" all the candidates for the great honor at a public consistory. But a more they are each presented with a special baretta by the holy father. This is a baretta by the holy father. This is a worry much larger hat, too large, in fact, to be worn by any one. It is used only when tends s placed upon the coffin, and after the funeral it is suspended for all time from the vaulted ceiling of the late cardinal's church. One can be seen in the New York Catholic Cathedral, the one that Cardinal Gibbons

shall be gathered in.
But the Pope has not the sole right of bestowing the red hat upon cardinals created by him in all countries. Austria, for instance, has the guaranteed privilege from the holy see that none but the reigning menarch has the right to place the hat upon a newly appointed cardinal of the Roman Church. So it was in Fance during the monarchy and was in France during the monarchy and empire, perhaps also in ultra-Catholic

empire, pernips and in ultra-cathonic Bavaria.

The consistory to be held on November 27 will be the fifth summoned by Pius X for the creation of cardinals since his accession to the throne, eight years ago. The first one took place on November 8, 1868, when he raised two prelates to the Sacred College, one of them, Cardinal Merry del Val. his secretary of state. The second occurred in December, 1963, when he conferred four red hatsons of them upon Archbishop Arcoverde, of Rio de Janeiro, the first cardinal of South America. The third consistory was in April, 1807, when seven cardinals were South America. The third consistory was in April, 1997, when seven cardinals were in April, 1991, when seven carolinas were created; while the fourth consistory was held in December, 1997, when four prel-ates were admitted to the Sacred College. The next consistory, the fifth of the pres-ent reign, will be the first held in four

At the secret consistory, which is held in the Hall of Consistories, all the mem-bers of the Sacred College in Rome are present, ranged along either wall, at a distance out of immediate earshot of the Advancing with the customary obeisance, the dean of the Sacred College places himself in the empty chair and the Pope tells him the name of each of the prelates upon whom he proposes to confer a red hat, adding. "Quid vebla videtur" to which the cardinal replies with the word, "Physical very "New places."

the manor of Carlton in Norfolk. Another is the three eels which the inhabitants of Aylesbury would have to present him if he visited them in winter, or the two fat geese that he could claim if he paid a summer visit. And to what trouble he would put the inhabitants of many places if he exercised his rights and suddenly demanded rushes for the floor of his room. Still greater probably would be the difficulty if he insisted on the good people of Chichester supplying him with a false string for his cross-bow.

the injustice has been repaired by the new Pope, who confirmed the dignity, out of deference to the wishes of his predecessor. FLANSUS. (Copyrighted, 1911, by Court Gostip Syndicate.)

Uncle Walt Says To-day.

I don't care what the weather is-let all kinds be invented! Let zephyrs zeph or blizzards bliz, I still shall be contented! All kinds have their peculiar joys to please the soulful BE GAY native; naught atmospheric e'er annoys the man appreciative. When joyous sunshine is on file I ANYHOW find it most entrancing; I kick my beels and run a

mile and do some song-and-dancing. When rain is pouring from the eaves, in endless torrents flowing, I watch the wet and sodden leaves, and say: "The wheat is growing!" This plan of thinking of the wheat when days are soaked and soggy, hings consolation full and sweet-just try it when you're groggy. When winter days are stark and door, I seek my chimney corner, and read "Nick Carter" by the hour, "Old Sleuth" and "Johnny Horner." When earthquakes jar this footstool loose, or cloudbursts swamp the cities, I put my phonograph in use, and grind out playful ditties. All weather is the same to me, and each day is a dinger; I'm happy as a bumble bee that has a patent stinger.

WALT MASON. Property of the Strange Melitime Admin.)

SOME PLAIN TRUTHS ABOUT HOW TO LIVE

Sensible Ideas Expressed So that Anybody Can Understand and Profit by the Knowledge.

Prom the National Food Magasins.

A foe to health is nerve tension, to remedy which relaxing grunnatics can be given. By learning how to relax the muscles, to "let go," recuperation of nerve strength follows:

Hurry means tension. Hurry is in the plant first, and does its most mischief through first, and does its most mischief through first, and does its most mischief

A thought consumes more nerve force than a blow. We incapacitate ourselves for the demands on us in the future when we give way to thoughts of continued anxiety, anger, suspicion, fear, or despondency. Those of fear and despon-

tinued anxiety, anger, suspicton, rear, or despondency. Those of fear and despondency. Those of fear and despondency are especially to be avoided.

Irritable moods are largely due to overstrung nerves. Relaxing exercises conserve nerve force by withdrawing it from the extremeties, and husbanding it at the centers.

Nervousness is not always manifested by the body. When unexpressed it is of a more serious and wearing form. Continued repressed nervousness and secret worry are dangerous, on the principle of extremes meeting. Extreme tension tends to extreme prostration.

a more serious and wearing form. Continued repressed nervousness and secret worry are dangerous, on the principle of extremes meeting. Extreme tension tends to extreme prostration.

Exaggerated Sense of Duty.

Many people wear themselves out needlessly; their conscience is a tyrant. An exaggerated sense of duty leads many a person to anxious, cesseless activity. exaggerated sense of duty leads many a profit of the sense of surples of the sense of duty leads many a person to anxious, ceaseless activity. To be constantly doing something, over punctual, never idle a second of time, scorn to rest, such are in unconscious nerve tension. They say they have no time to rest, they have so much to do, time to rest, they have so much to do, time to rest, they have rapidly unfitting themselves for probably what would have been their best and greatest work in after years.

As there are conscious and unconscious thoughts, there are conscious and unconscious nerve tensions. Women, shopping, do not know the very tight grip they give their parcels until on reaching home their hands fall relaxed in their lands with the external world, but must straighten out any transfer and they say they are so tired.

Self-control of nerve force is the great when the Brain Is Crimbed.

home their hands fall relaxed in their laps, and they say they are so tired.

Self-control of nerve force is the great leason of health, and, therefore, of life to understand how to relax is to understand how to relax is to understand how to strengthen nerves. Hearty laughter is a source of relax, as those of hoje, beauty, trust, or love. Be laxation is found in diversion. An occasional outing or holiday is necessary.

Too many of us go through life never making any effort to be our own masters. We give way to caprices, whims, feelings, follies, far more than is good example of the loss of self-control. Any uncontrolled passion gives an equally good example.

Men and women often say they can't govern themselves; that is simply admitting they have defects of character which are their masters. They ought to make an effort and see if they are not mistaken.

Do Not Try to De Toe Much.

which are their masters. They ought to make an effort and see if they are not mistaken.

Do Not Try to Do Too Much.
Don't attempt to acquire all the accomplishments, attend all the receptions, theaters, and lectures, and self tickets for all the benefits—unless you wish to be nervous, weak, old, and wrinkled her fore your time.

Don't extempt to acquire all the accomplishments, attend all the receptions, theaters, and lectures, and self tickets for all the benefits—unless you wish to be nervous, weak, old, and wrinkled her fore your time.

Don't extempt to acquire all the accomplishments, attend all the accomplishments, attend all the receptions, the pure of the pure water, taken midway between (not during meals, if the bowels do not move daily, or oftener, if the kidneys are not flushed by generous drafs of pure water, taken midway between (not during meals, if the powels do not move daily, or oftener, if the kidneys are not flushed by generous drafs of pure water, taken midway between (not during) meals, if the powels do not move daily, or oftener, if the kidneys are not flushed by generous drafs of pure water, taken midway between (not during) meals, if the pures of the skin are not kept open, then the waste matter, which should be thrown off, is copped up in the fore your time.

be nervous, weak, old, and wrinkled before your time.

Don't exhaust all your reserve force our a ancetors had no bathtube, and over petty cases. Each time that a woman loses control over her nerves she moves a fraction of an inch farther on the path that leads to premature old age.

Exercise is essential to the preservation of health, while inactivity is a potent cause of degeneration. The vigor and equality of the circulation, the functions of the skin, are all promoted by muscular activity, which thus keeps up a

Qualist Tribute to British King.

Gualist Tribute to British King.

From the London Chronicle.

There are still some quaint tributes which the King could, if he wished, exact as rent. One is the herring pie from the manor of Carlton in Norfolk. Another jis the three seis which the inhabitation of the interval of the control of the con fashionable resort, and it makes some of them really crasy

them really crasy. Such parade is a silly demand that our conceit and envy make upon us, to the worry of our tired brains. It is merely a truism to say that people

It is merely a truism to say that people who are carrying mind and body. So that are too heavy should have them lightened. If the load is apparently necessary and free from the vice of bad smotlens, the rest is as truly necessary. Rest and change shift the bearings: take off the pressure from parts and powers that are treed, and put into exercise faculties that have been dormant, the thing has been defined by the man as whole is brought. so that the man as a whole is brought up, his brain and body are refreshed, and mental wreck is fought off.

Danger of Mental Unrest.

On every side we meet with this mental unrest, this struggle with burdens of some variety or other, until from the some variety or other, until from the carpenditure of nerve force a large number are among the never well, always tired, class; after which follows the morbid and finally the insage.

The marvelous power of the nervous system to wreck or build is startling, where the mind force that rules the body is mattered and disorderly, the consequent lack of repose is almost sure to result in disease.

By GEO. P. BUTLER, A. M. M. D. mind, and mental habits react upon the

nerve strength follows:
Hurry means tension. Hurry is in the mind first, and does its most mischief there.
One may walk fast for pleasure, and not feel tired; yet if there be hurry in the mind, to have to reach a certain place at a certain time, fatigue follows.
A thought consumes more nerve force

correct mania of thought are quite important as proper physical hygiene, healthy mental attitude toward life general makes a man indifferent town minor cares and fils. He scarcely carries them, and disposes of the mechanically.

Many intelligent people, including not a few physicians, sincerely believe that

dieting implies the esting of unpalatable

Dieting means simply that the individ-ual shall refrain from eating things that

Usually the necessity for disting means

and dieling alone, while it will insure a method of comfort, will not cure the original trouble.

Indigestion means either a lack or a perversion of secretory activity, and this implies some fault of innervation.

The atomach nerves may be unduly sensitive, in which case there will be oversecretion with undue acidity; or the nerves may be lacking in normal sensibility, in which case there will be scanty digestive secretions, with fermentation and flatulency.

and flatulency.

The first condition will be marked by irritation and excitability; the depression and lack of tone. The quality of these secretions will be influenced by

or these secretions will be inhausticed by the purity of the blood.

Pure blood circulates at a normal rate, and furnishes secretions of a high physi-ological standard.

It is not wise to est unless one is really hungry. No food should be taken unless there is real, natural hunger; it is far better to miss a meal than to eat without an appetite.

body is scattered and disorderly. The consequent lack of repose is almost sure to result in disease.

This mental unrest is most subtle, and threefore a sire health destroyer, it may quietly work for years, yet it will accomplish, with no apparent effect, in time some form of bodily disorder.

The majority are not trained to mental quiet; even the children are not receiving such discipline.

Every healthy child is brienful of active life, but it is not restless, only under artificial conditions. If repose is power, then we cannot too carly train the child in observe times of daily althous, short in the child in observe times of daily althous, short in the result of the smalling of the vare. The achonic much and incompletely were timed for the other yeasen, then they make the plaintent founds and the smalling of the vare. The achonic much and thems fower times in the child in the child and thous fower times in the fall.

The key to many diseases is often in the found in the child and thous fower times in the fall in the child in t